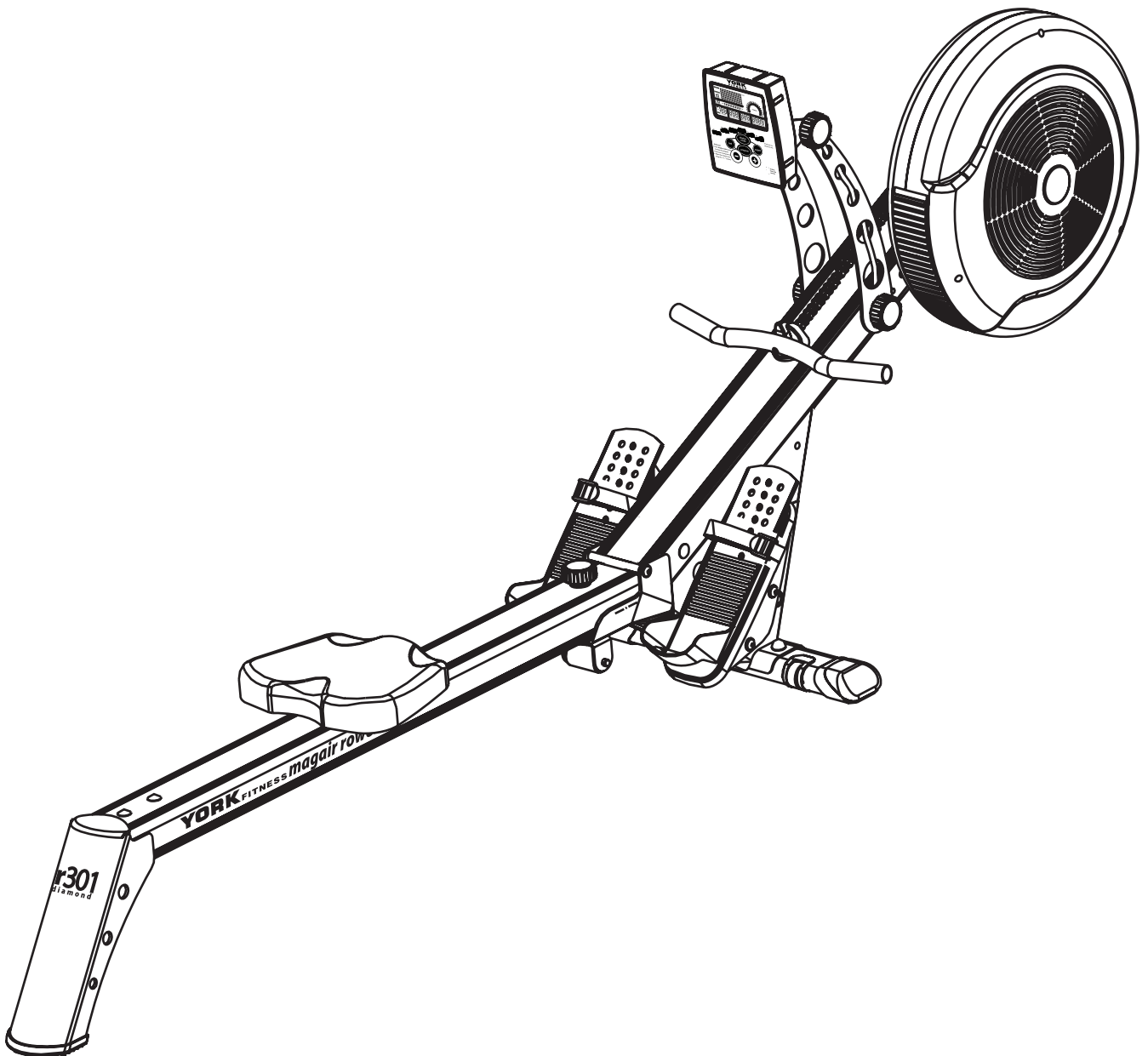


## Diamond R301 Rower



07/30/2009

# SAFETY INFORMATION

## SAFETY PRECAUTIONS

Before using the equipment, please ensure that you read the safety precautions described below. Always ensure that the equipment is operating correctly.

The safety precautions noted below are intended to instruct you in the safe and correct operation of the equipment to prevent injuries or damage to yourself, other persons and equipment.

**THIS LIST IS NOT EXHAUSTIVE / SAVE THESE INSTRUCTIONS**

## DISCLAIMER

While every effort has been made to ensure that the information contained in this guide is accurate and complete, no liability can be accepted for any errors or omissions. York Fitness reserves the right to change the specifications of the hardware and software described herein at any time without prior notice.

No part of this guide may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language in any form, by any means, without the prior written permission of York Fitness.

York Fitness makes no warranties for damages due to mistaken operation or malfunction of the equipment.

## EQUIPMENT SAFETY:

**YOUR PRODUCT IS INTENDED FOR USE IN CLEAN DRY CONDITIONS. YOU SHOULD AVOID STORAGE IN EXCESSIVELY COLD OR DAMP PLACES AS THIS MAY LEAD TO CORROSION AND OTHER RELATED PROBLEMS THAT ARE OUTSIDE OUR CONTROL. FOR INDOOR USE ONLY.**

**THIS PRODUCT IS NOT SUITABLE FOR THERAPEUTIC PURPOSES.**

- Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage. The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately. If you are in any doubt, do not use your product. Contact CUSTOMER SUPPORT.
- Clean only with a damp cloth. Do not use solvent cleaners.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slippage during use.
- Always ensure that the equipment has adequate space one each side and front.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.

## FITNESS PRECAUTIONS:

Before you undertake any programme of exercise that will increase cardiovascular activity, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.

## EXERCISE SAFETY:

- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Remove all personal jewelry before exercising.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Injuries may result from incorrect or excessive training.

**MAX. USER WEIGHT: 120KG**

## SAFETY STANDARDS

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), AS4092, EN957 parts 1 and 7 - CLASS HC. Therefore the product carries the following marks:



**PROTECT THE ENVIRONMENT BY NOT DISPOSING OF THIS PRODUCT OR BATTERIES WITH HOUSEHOLD WASTE. CHECK YOUR LOCAL AUTHORITY FOR RECYCLING ADVICE AND FACILITIES.**



# CUSTOMER SUPPORT

## CONTACT INFORMATION

### York Fitness U.K. Ltd. (England)

York Way, Daventry, Northants, NN11 4YB, England

Tel: (01327) 701800

Help desk Tel: (01327) 701824

Fax: (01327) 706704

Email: [helpdesk@yorkfitness.co.uk](mailto:helpdesk@yorkfitness.co.uk)

### York Fitness (Australia) Pty. Ltd.

Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566,  
Australia

Tel: (02) 9603 8444

Help desk Tel: 1800 730 149

Fax: (02) 9603 8555

Email: [service@yorkfitness.com.au](mailto:service@yorkfitness.com.au)

## PLEASE RETAIN

We suggest you record the serial, original purchase date, and place of purchase below:

Serial no.

- This can be found on the sticker located as indicated.

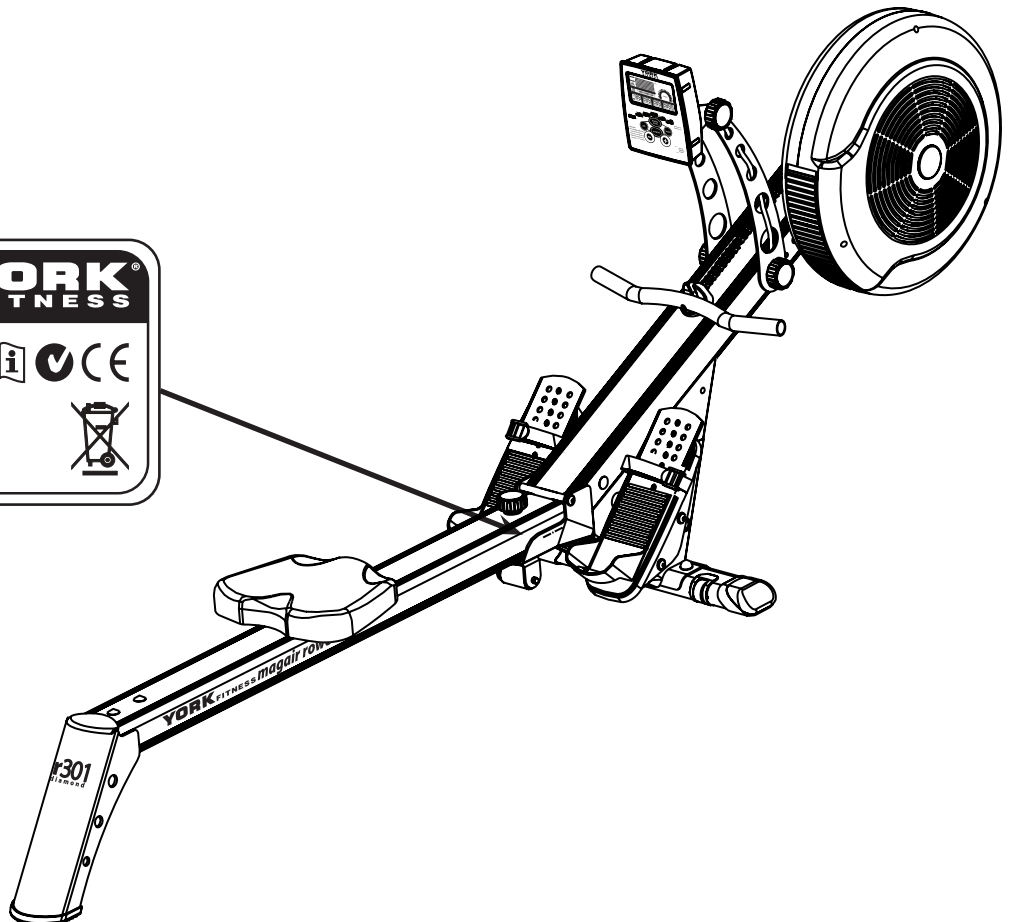
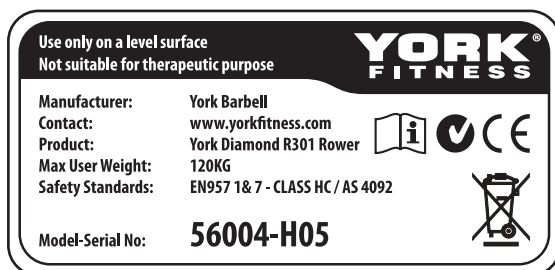
Original purchase date.

Place of purchase.

Should you require any assistance regarding this product please gather the following information.

- Information about the place and conditions of use.
- Precise description of the issue / defect.

**IT IS ALSO IMPORTANT TO KEEP YOUR RECEIPT AS PROOF OF DATE OF PURCHASE.**



# TABLE OF CONTENTS

Thank you for choosing

# YORK<sup>®</sup> FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goal.

The precautions noted within this guide are intended to instruct you in the safe and correct use of the products and to prevent injuries or damage to yourself, other persons and property. Please read and ensure that you understand them before proceeding to other sections of this guide.



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# ASSEMBLY INSTRUCTIONS

## GETTING STARTED

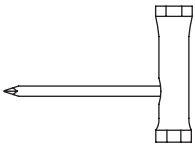
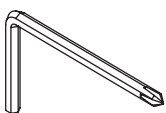
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please contact our technical support.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	<b>Part No. 60 x 2</b> 45MM CARRIAGE BOLT
	<b>Part No. 35 x 10</b> FLAT WASHER
	<b>Part No. 12 x 2</b> NYLOCK NUT
	<b>Part No. 11 x 2</b> PLASTIC BOLT CAP
	<b>Part No. 47 x 6</b> 20MM ALLEN HEAD BOLT
	<b>Part No. 9 x 2</b> SPRING WASHER

	<b>Part No. 48 x 1</b> HAND WHEEL KNOB
	<b>Part No. 49 x 1</b> LARGE FLAT WASHER
	<b>Part No. 51 x 2</b> 55MM CARRIAGE BOLT
	<b>Part No. 36 x 2</b> NYLOCK CAP NUT
	<b>Part No. 33 x 4</b> PLASTIC SPACER

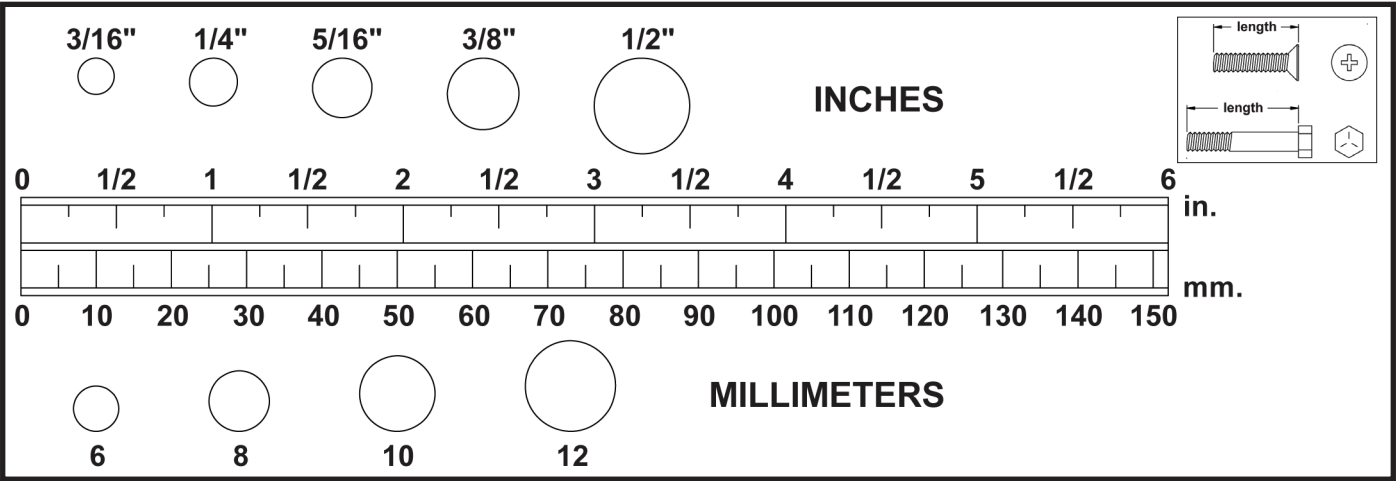
TOOLS



## HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.





**NOTE: THE LENGTH OF ALL BOLTS AND SCREWS EXCEPT THOSE WITH FLAT HEADS IS MEASURED FROM BELOW THE HEAD TO THE END OF THE BOLT OR SCREW. FLAT HEAD BOLTS AND SCREWS ARE MEASURED FROM THE TOP OF THE HEAD TO THE END OF THE BOLT OR SCREW.**

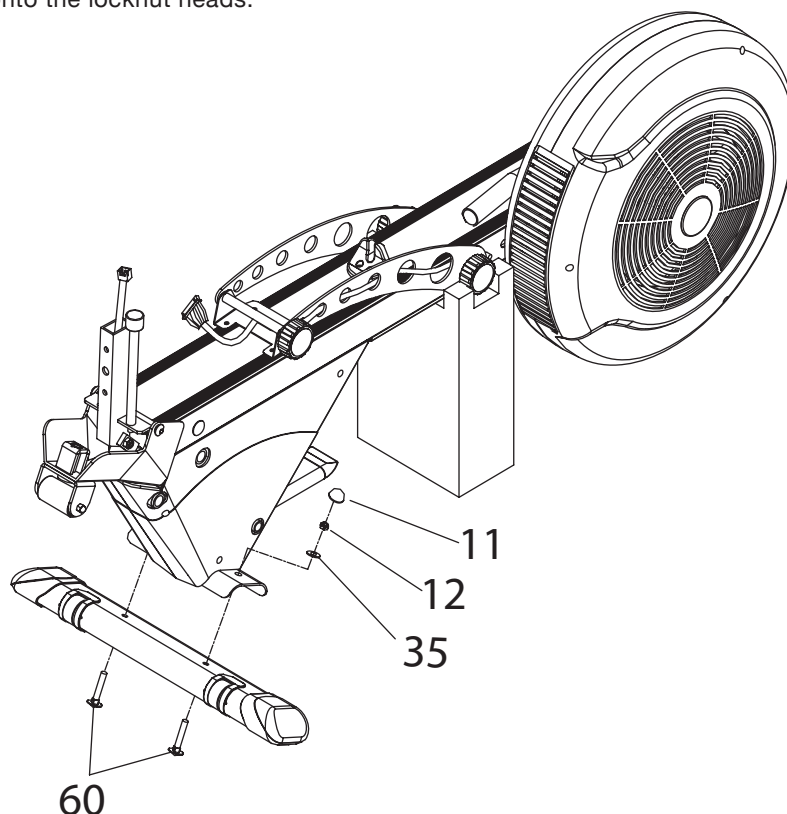


# ASSEMBLY INSTRUCTIONS

## STEP 1

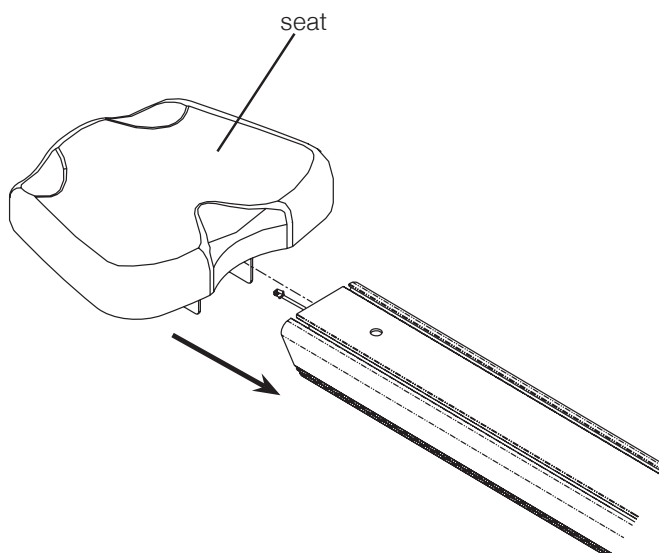
1. Keep the poly-foam block as packed on the front end of main frame when you remove it from the carton, it will keep the main frame stable and avoid damage during the assembly procedure.
2. Stand the main frame on the floor carefully as shown.
3. Fix the front stabilizer to the main frame and secure, using 2 x carriage bolts, washers and nylon locknuts as shown.
4. Fix the plastic nut caps onto the locknut heads.

	<b>Part No. 11 x 2</b> PLASTIC BOLT CAP
	<b>Part No. 12 x 2</b> NYLOCK NUT
	<b>Part No. 35 x 2</b> FLAT WASHER
	<b>Part No. 60 x 2</b> 45MM CARRIAGE BOLT



## STEP 2




1. Slide the seat with carriage assembly onto the rower track carefully as shown.

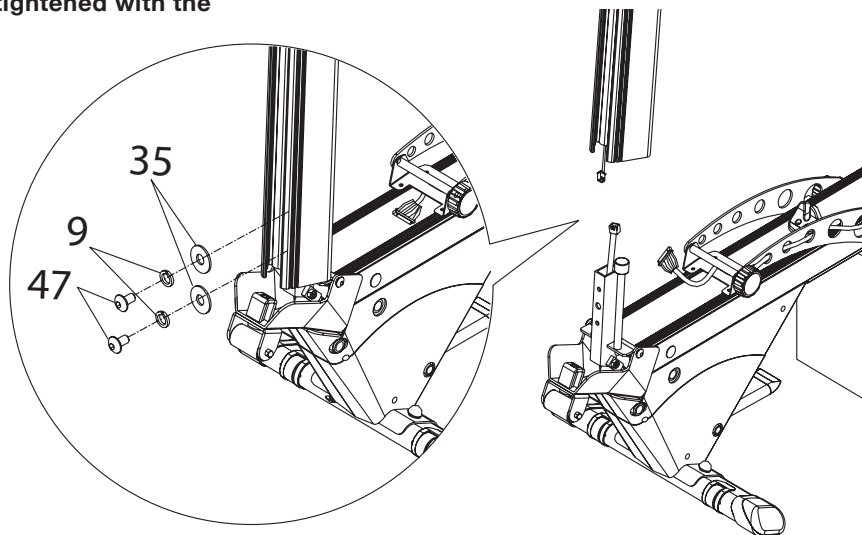


# ASSEMBLY INSTRUCTIONS

## STEP 3



1. Ask someone to help you hold the seat carriage out of the way, and connect the computer wires as shown - make sure it is fully connected.
2. Slide the seat track over the mounting support carefully and secure in position by using 2 x allen head bolts, spring washers and flat washers.  
**Ensure the computer wires do not get trapped.**  
**Make sure the bolts are fully tightened with the allen key.**

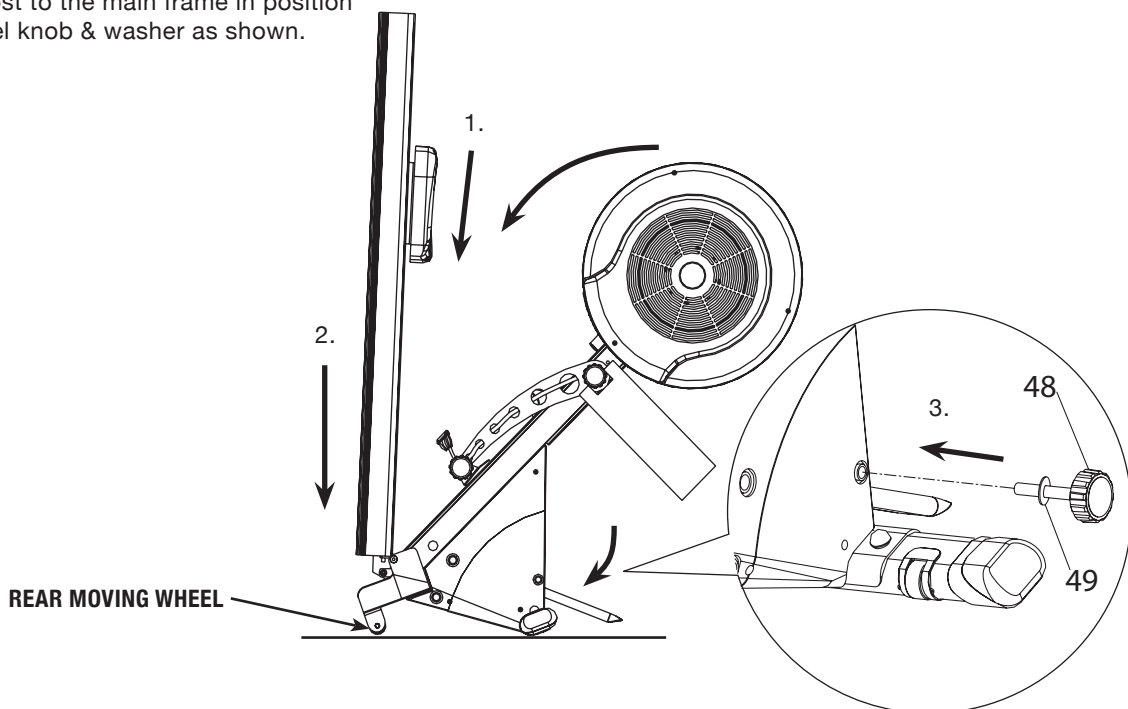
	<b>Part No. 47 x 2</b> 20MM ALLEN HEAD BOLT
	<b>Part No. 9 x 2</b> SPRING WASHER
	<b>Part No. 35 x 2</b> FLAT WASHER



## STEP 4

1. Slide the seat carriage downwards to the end stop.
2. Carefully hold and push the seat track downwards until the rear moving wheel stands on the floor. This folds the rower to stand stably on the floor.
3. Secure the front post to the main frame in position with the hand wheel knob & washer as shown.




	<b>Part No. 48 x 1</b> HAND WHEEL KNOB
	<b>Part No. 49 x 1</b> LARGE FLAT WASHER

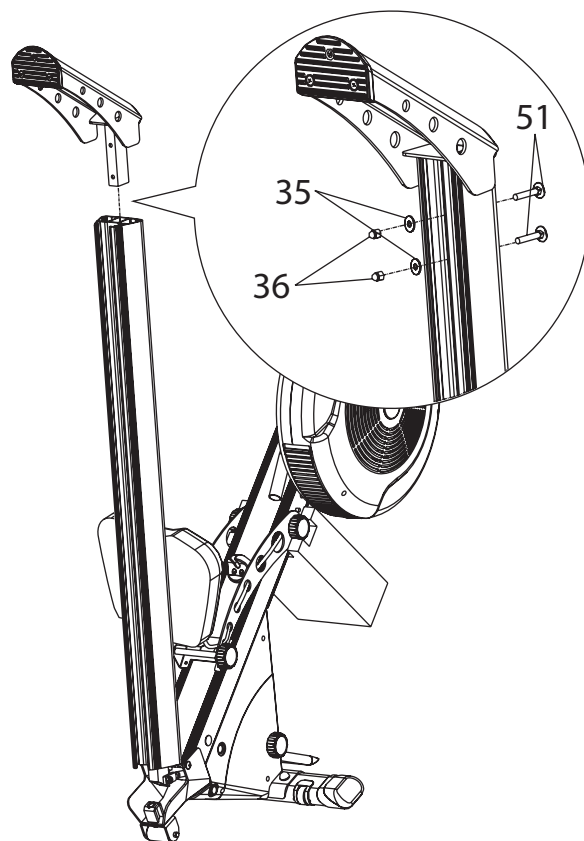


# ASSEMBLY INSTRUCTIONS

## STEP 5

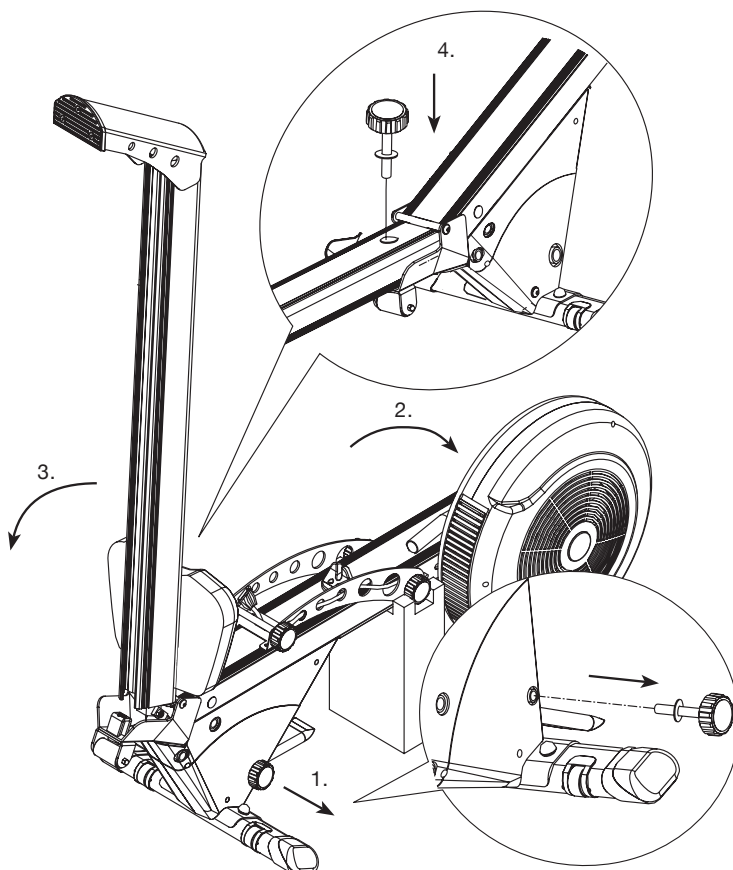
1. Ask someone to help you hold the seat track still.
2. Slide the rear stabilizer onto the seat track carefully and secure in position by using 2 x carriage bolts, flat washers and nyloc cap nuts as shown. **Make sure the bolts are fully tightened with the nut driver tool.**

	<b>Part No. 51 x 2</b> 55MM CARRIAGE BOLT
	<b>Part No. 35 x 2</b> FLAT WASHER
	<b>Part No. 36 x 2</b> NYLOCK CAP NUT



## STEP 6




1. Remove the hand wheel knob & washer from the main frame carefully as shown.
2. Hold the whole rower with two hands and fold it towards floor until the poly-foam block stands on floor stably.
3. Hold the seat track and fold it towards floor until the rear stabilizer stands on floor stably.
4. Fasten the hand wheel knob with washer to the seat track securely.



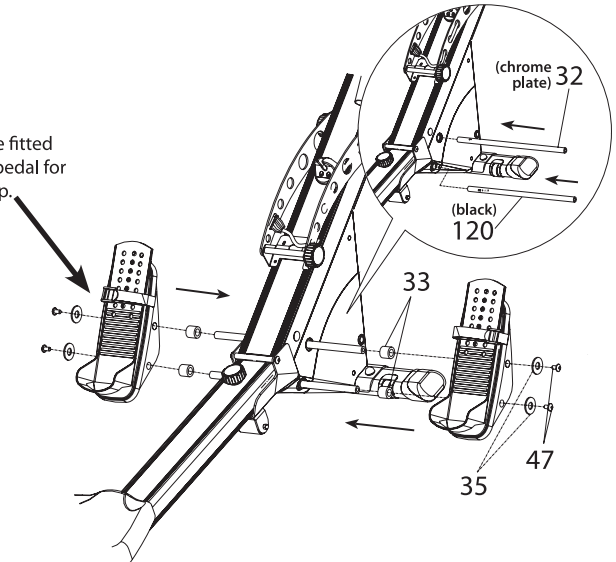
# ASSEMBLY INSTRUCTIONS

## STEP 7

1. Slide the pedal pivot rods through the main frame holes until an equal amount of the rods protrude from each side.
2. Slide the spacers and pedal assemblies onto the pivot rods from both ends and secure, using 4 x allen head bolts and washers as shown. **Make sure the two different pivot rods are fitted in the same order as shown in the diagram and bolts are fully tightened with allen key.**

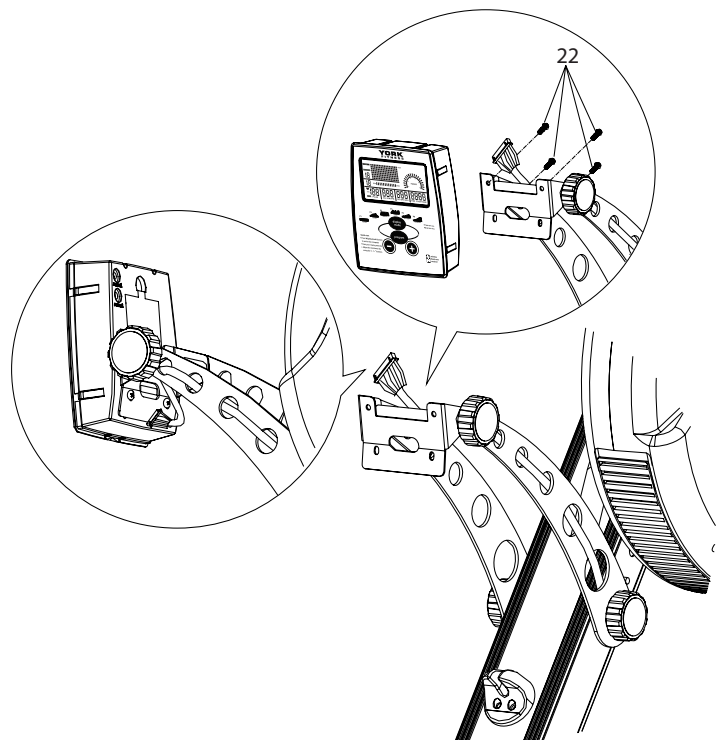
	<b>Part No. 47 x 4</b> 20MM ALLEN HEAD BOLT
	<b>Part No. 35 x 4</b> FLAT WASHER
	<b>Part No. 33 x 4</b> PLASTIC SPACER

The strap buckles should be fitted to the outside edge of the pedal for easy adjustment of the strap.



## STEP 8

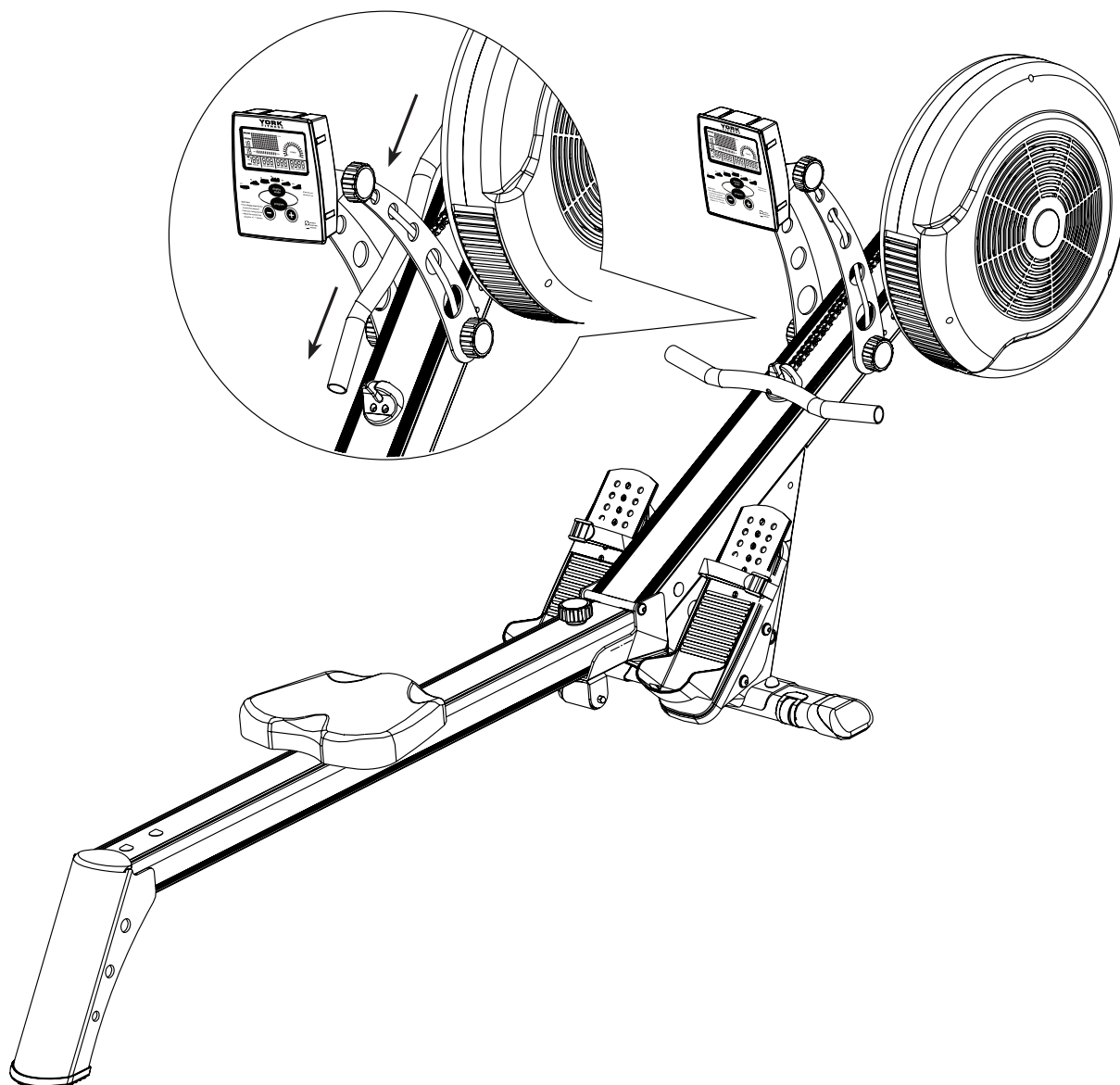
1. Remove the poly-foam block attached underneath the front end of the main frame.
2. Loosen the hand wheel knobs and rotate the console fixing plates to the required view angle.
3. Re-tighten the hand wheel knobs to fix the plates in position.
4. Insert 4 x batteries (AA size 1.5V) into the compartment in the back of the computer console. (See page 11 for batteries replacement instructions)
5. Attach the computer console onto the fixing bracket and secure, using 4 x machine screws as shown. (The machine screws are located in the back of the computer console.)
6. Plug the computer wire into the socket on the back of the computer through the fixing bracket - make sure it's fully connected.



# ASSEMBLY INSTRUCTIONS

## STEP 9

1. Pull and slide the handlebar and pass through the console fixing plates carefully as shown.
2. Rotate the handlebar and rest onto the handlebar holder in position.



# ASSEMBLY INSTRUCTIONS

## FINAL CHECK

Your **R301 Rower** is now assembled. Please make the following final checks:

- Make sure all screws / bolts are tightened.
- Make sure the equipment is on a flat, level surface.

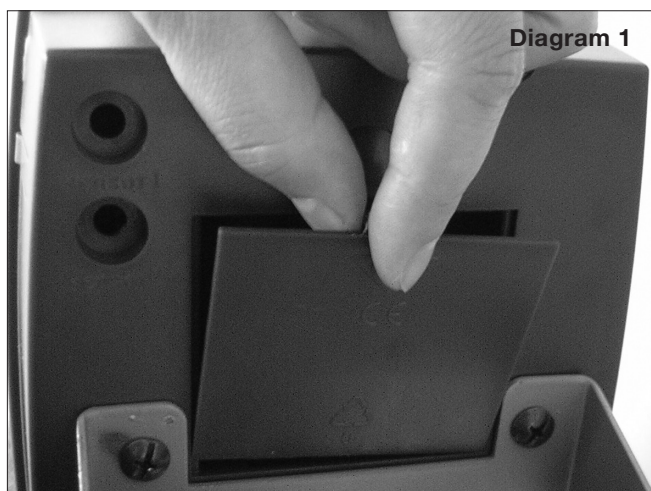
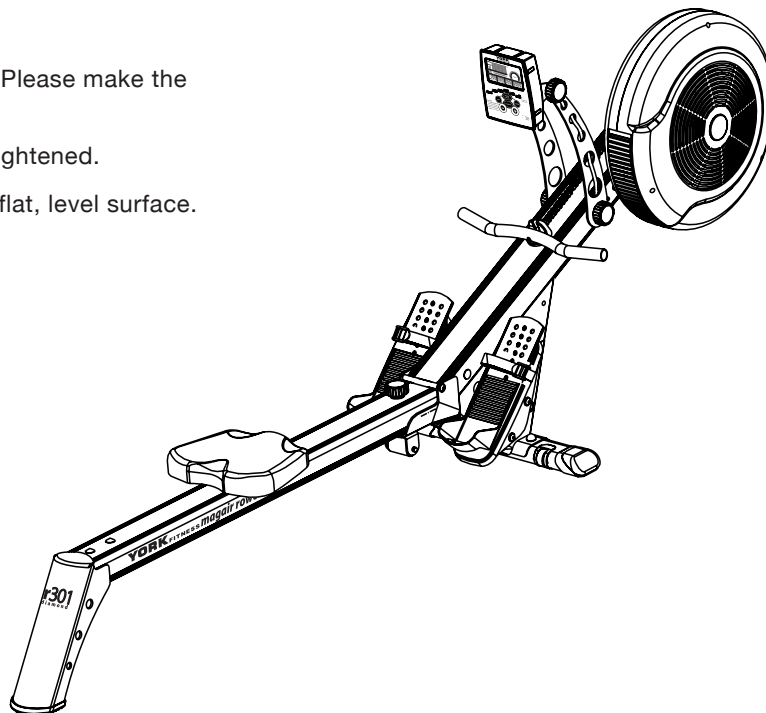


Diagram 1

## BATTERY REPLACEMENT INSTRUCTIONS:

1. Open the battery compartment cover (Diagram 1).
2. Remove battery by pulling the battery in direction of spring and lift opposite end upwards (Diagram 2).
3. Insert 4 AA batteries ensuring you match the polarity markings (+ and -) on the batteries with the indicators in the battery compartment. Push flat end (-) against spring and when clear push other end into holder.
4. Close the battery compartment.

## TIPS & WARNINGS

- Always change all batteries at the same time.
- Always use the same type of batteries.
- Never recharge Alkaline AA batteries.
- Do not try to heat, ignite, disassemble or throw AA batteries into a fire.
- Do not leave old batteries in the console, and remove batteries from the console if you won't be using it for a long time.



Diagram 2

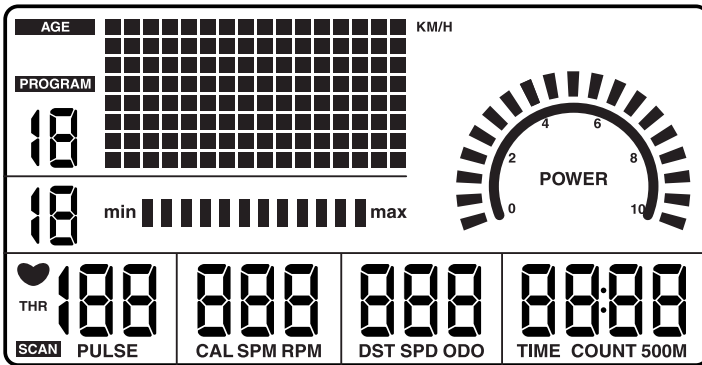
**PROTECT THE ENVIRONMENT BY NOT DISPOSING OF THIS PRODUCT OR BATTERIES WITH HOUSEHOLD WASTE. CHECK WITH YOUR LOCAL AUTHORITY FOR RECYCLING ADVISE AND FACILITIES.**



\* PICTURE MAY VARY FROM ACTUAL MODEL.

# OPERATION INSTRUCTIONS

## CONSOLE DISPLAY AND FEEDBACK



DISPLAY	DESCRIPTION
AGE	The user age has been set.
PROGRAM	The number of the selected pre-set program (P1 - P8).
MIN. ~ MAX.	Displays the resistance level in manual mode.
THR	Target heart rate frequency has been set.
SCAN	Automatically scans through the feedback modes, each being displayed for 5 seconds.
PULSE	Current heart rate in beats per minute (bpm) (Only displayed when the transmitter chest strap is used.)
CAL	Approximate calories burned this session (For comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set.
SPM	The strokes per minute (SPM) you are rowing at.
RPM	The revolutions per minute (RPM) you are rowing at.
DST	Distance travelled this session; default counts up from zero, but counts down if a target has been set.
SPD	The current speed you are rowing at, in km/h.
ODO	Total distance travelled since last battery changed.
TIME	Time exercised this session; default counts up from zero, but counts down if a target has been set.
COUNT	Stroke exercised this session; default counts up from zero, but counts down if a target has been set.
500M	Expected exercise time for 500 metres travelled.
POWER	The force of each rowing stroke.

## BUTTON FUNCTIONS

BUTTON	PRE-WORKOUT	DURING WORKOUT
DISPLAY MODE	Switch different mode values.	Select display mode.
PROGRAM	To select a program (P1 - P8).	
SET	Confirm current target values setting.	
RESET	Reset current setting value, hold for total reset.	
+	Increase values setting in "Target Setting" mode.	Increase the resistance level.
TIMER:	Decrease values setting in "Target Setting" mode.	Decrease the resistance level.

# OPERATION INSTRUCTIONS

## USING WORKOUT PROGRAMS

When you turn the power on it will enter the main display mode, waiting for you to select a program and begin your workout.

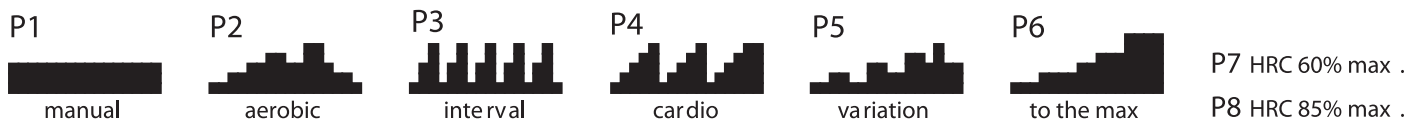
DISPLAY	DESCRIPTION
<b>QUICK START</b>	<ol style="list-style-type: none"> <li>1. Press the "Display Mode" button to activate the computer console.</li> <li>2. Begin rowing.</li> <li>3. Adjust the resistance level with the " + / - " keys.</li> <li>4. The values of time, distance, calories, count, will start counting upwards.</li> </ol>
<b>MANUAL MODE</b>	<p>In manual mode, the user is free to adjust the resistance level at any point throughout the workout.</p> <ol style="list-style-type: none"> <li>1. Press "Program" button to choose your program (P1)</li> <li>2. Press "Set" button to confirm the "Manual" selection.</li> <li>3. Start rowing to begin your workout.</li> </ol> <p><i>NOTE: You can also add to your program targets based on time, distance, calories, stroke or pulse rate. To do this, see the "Target Program" instruction.</i></p>
<b>PROGRAM MODE</b>	<p>There are 5 pre-set programs available for you to choose from. The resistance level adjusts automatically throughout the programs.</p> <ol style="list-style-type: none"> <li>1. Press "Program" button to choose your program (P2 - P6).</li> <li>2. Press "Set" button to confirm your selection.</li> <li>3. Press "Display Mode" button to enter the "Time" mode.</li> <li>4. The value of "00:00" will be flashing in the "Time" window.</li> <li>5. Press "+" or "-" button to set your workout time.</li> <li>6. Press "Set" to confirm your setting.</li> <li>7. Start rowing to begin your workout.</li> </ol> <p><i>NOTE: You can change the resistance level at any point during the workout and the rest of the segments will be adjusted by scale automatically.</i></p> <p><i>NOTE: You can also add to your program targets based on time, distance, calories, stroke or pulse rate. To do this, see the "Target Program" instruction.</i></p> <p><i>NOTE: Each program is made of 16 segments and the length of each segment will depend on the time you set for your workout.</i></p>
<b>HRC (HEART RATE CONTROL)</b>	<p>HRC program works by automatically adjusting the resistance to keep you working out at your target heart rate. To do this, the console will need your pulse reading throughout the exercise, which it gets from you wearing a chest strap transmitter.</p> <ul style="list-style-type: none"> <li>• If your heart rate is too high, the resistance will decrease.</li> <li>• If your heart rate is too low, the resistance will increase.</li> </ul> <p>This console features 2 heart rate control programs:</p> <ul style="list-style-type: none"> <li>• 60% - Target to operate at 60% of your maximum heart rate.</li> <li>• 85% - Target to operate at 80% of your maximum heart rate.</li> </ul> <ol style="list-style-type: none"> <li>1. Press and hold "Display Mode" button for 5 seconds to enter the "Age" mode.</li> <li>2. Press "+" or "-" button to set your age.</li> <li>3. Press "Display Mode" to confirm your setting.</li> <li>4. Press "Program" button to choose your program (P7 - 60% Maximum Heart Rate / P8 - 85% Maximum Heart Rate)</li> <li>5. Press "Set" button to confirm your selection.</li> <li>6. The value of "THR" will be flashing in the "Pulse" window.</li> <li>7. Press "Set" to confirm your target heart rate setting.</li> <li>8. Start rowing to begin your workout.</li> </ol> <p><i>NOTE: You can also add to your program targets based on time, distance, calories or stroke. To do this, see the "Target Program" instruction.</i></p>

Continue on next page...

# OPERATION INSTRUCTIONS

... Continued from previous page

DISPLAY	DESCRIPTION
<b>TARGET PROGRAM</b>	<p>You can choose to workout by setting a target based on pulse rate, calories burned, distance travelled, time or the strokes rowed you want to achieve.</p> <p>When you reach your target the rower will sound a short alarm.</p> <p>Set to your desired program as described previously, but before pressing "Set" to begin your exercise.</p> <ol style="list-style-type: none"><li>1. The value of "0" will be flashing in the "Pulse" window.</li><li>2. Press "+" or "-" to set your Target Pulse Rate.</li><li>3. Press "Set" to confirm your setting.</li><li>4. The value of "0" will be flashing in the "Calories" window.</li><li>5. Press "+" or "-" to set your Target Calories.</li><li>6. Press "Set" to confirm your setting.</li><li>7. The value of "0" will be flashing in the "Distance" window.</li><li>8. Press "+" or "-" button to set your Target Distance.</li><li>9. Press "Set" to confirm your setting.</li><li>10. The value of "00:00" will be flashing in the "Time" window.</li><li>11. Press "+" or "-" button to set your Target Time.</li><li>12. Press "Set" to confirm your setting.</li><li>13. The value of "0" will be flashing in the "Count" window.</li><li>14. Press "+" or "-" button to set your Target Stroke.</li><li>15. Press "Set" to confirm your setting.</li><li>16. Start rowing to begin your workout.</li></ol> <p><i>NOTE: You only have to set one of the targets described above, and once done you can press "Set" to go straight into your workout, however, if you set multiple targets the workout will end when the first target is reached.</i></p>



## STORAGE

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

## CLEANING

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary. **NEVER REMOVE THE PROTECTIVE CASING.**

## MAINTENANCE

Ensure you regularly check components for wear and tear and make sure all the nuts and bolts are tightened before each exercise session.

## TROUBLESHOOTING

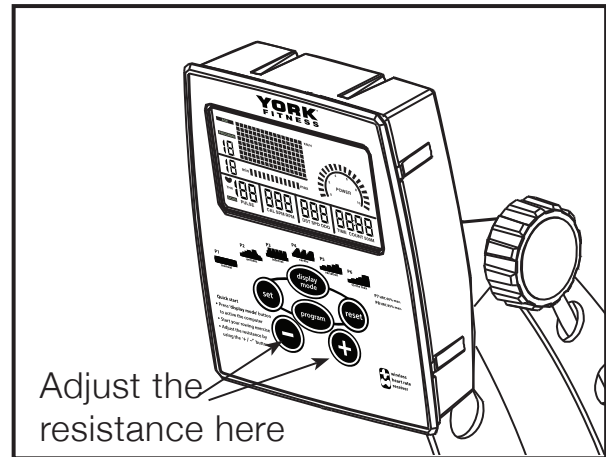
**IF YOU HAVE A PROBLEM WITH YOUR EQUIPMENT, BEFORE YOU DO ANYTHING ELSE PLEASE CHECK THAT ALL THE CABLES HAVE BEEN CONNECTED CORRECTLY. LOOSE CABLES ARE VERY COMMON AND MANY PROBLEMS CAN BE SOLVED BY MAKING SURE THE CABLES ARE PROPERLY CONNECTED.**

**IF YOU ARE STILL HAVING PROBLEMS WITH YOUR EQUIPMENT, PLEASE CONTACT OUR CUSTOMER SUPPORT.**

# OPERATION INSTRUCTIONS

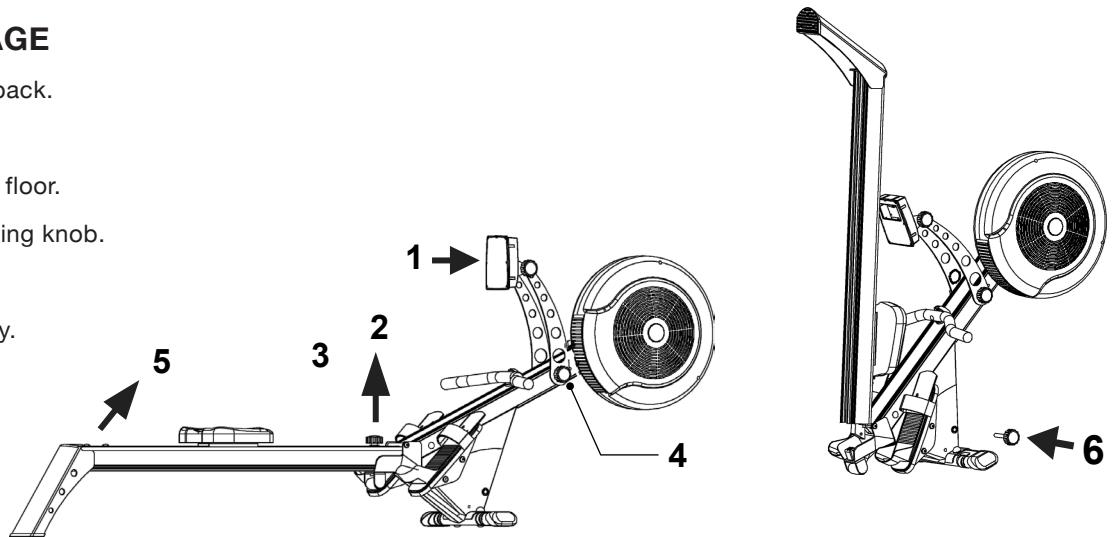
## ADJUSTING THE RESISTANCE

This rower features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the fan wheel - the closer the magnet is to the fan wheel the higher the resistance. The magnet is computer controlled, to adjust simply press “+ / -” buttons on the console. The resistance levels go from 1 = easy to 16 = hard.



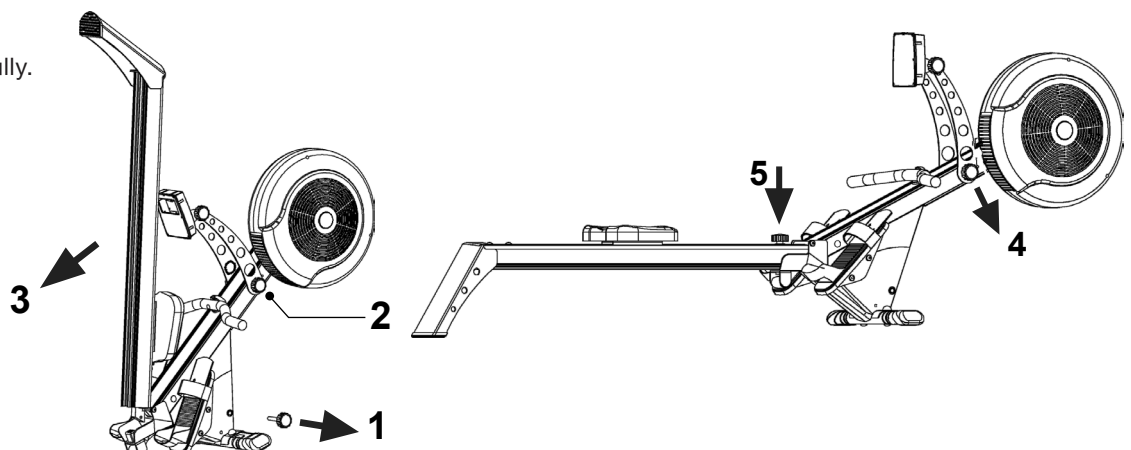
## FOLD FOR STORAGE

1. Push computer fully back.
2. Remove hand wheel.
3. Push middle down to floor.
4. Support front by holding knob.
5. Lift up track.
6. Re-fit hand wheel fully.



## UNFOLD FOR USE

1. Remove hand wheel.
2. Support front by holding knob.
3. Carefully lower track.
4. Lower front.
5. Re-fit hand wheel fully.



## EXERCISING WITH YOUR ROWER

Rowing is an extremely effective form of exercise. It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.

**ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME.**

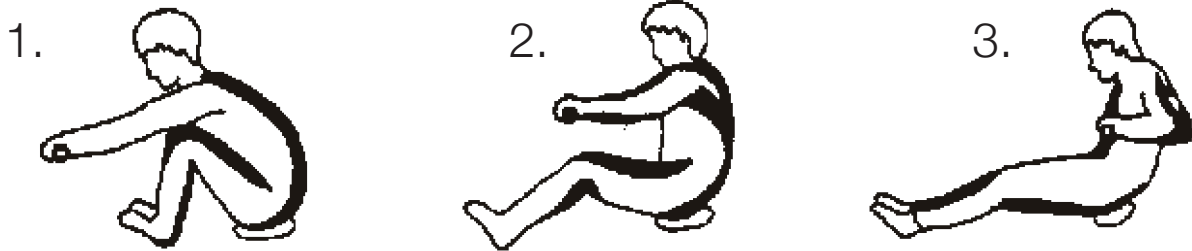
**IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.**

## HOW TO ROW:

1. Take up the initial position leaning forward, knee bent and arms straight.
2. Push yourself backwards, straightening your back and legs at the same time.
3. Continue movement until you are leaning slightly backwards, bending return to Step 1 and repeat.

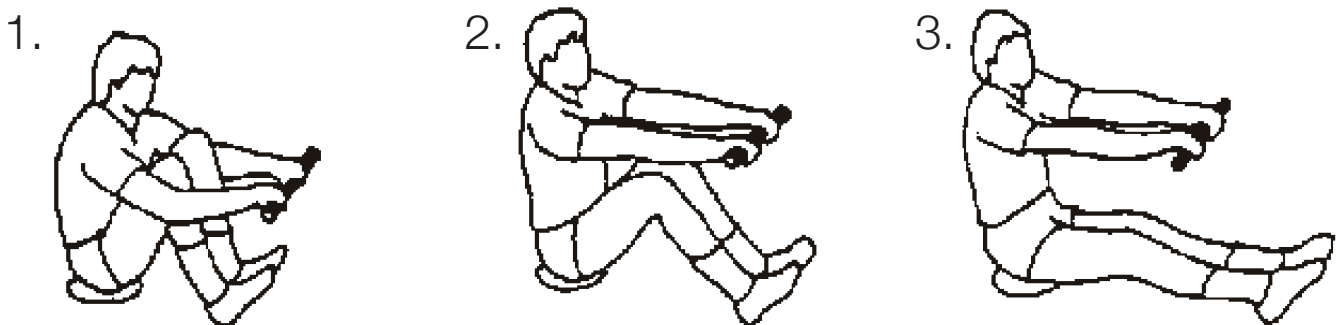
**THIS PRODUCT IS COMPLIANT WITH EUROPEAN STANDARDS (EN957). THE USER MUST REMAIN AWARE THAT IF THIS PRODUCT IS NOT USED CORRECTLY THE POTENTIAL FOR INJURY REMAINS. THERE ARE MANY MOVING PARTS ON THIS PRODUCT, WHICH THE USER MUST BE AWARE OF. WHEN MOVING THE ROWER OR ADJUSTING POSITION, THE USER SHOULD PAY PARTICULAR ATTENTION THE SEAT & RUNNER ASSEMBLY.**

- Please ensure that fingers are not placed inside of the runner assembly when moving the product.
- When adjusting your exercise position and you need to steady yourself by holding onto the rower, ensure that it is the underside of the seat upholstery that you are grasping.



## ALTERNATIVE EXERCISE - LEG ONLY ROWING:

This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position. Use your legs to push your body back whilst keeping your arms and back straight, slowly return to start position and repeat.



## CONDITIONING GUIDELINES:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are out of shape, start slowly and increase your workout gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) or 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or light-headed you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercising program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuingly to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

## TARGET HEART RATE ZONE ESTIMATED BY AGE\*

AGE	TARGET HEART RATE ZONE (55% - 90% OF MAXIMUM HEART RATE)	AVERAGE MAXIMUM HEART RATE 100%
20 YEARS	110-180 BEATS PER MINUTE	200 BEATS PER MINUTE
25 YEARS	107-175 BEATS PER MINUTE	195 BEATS PER MINUTE
30 YEARS	105-171 BEATS PER MINUTE	190 BEATS PER MINUTE
35 YEARS	102-166 BEATS PER MINUTE	185 BEATS PER MINUTE
40 YEARS	99-162 BEATS PER MINUTE	180 BEATS PER MINUTE
45 YEARS	97-157 BEATS PER MINUTE	175 BEATS PER MINUTE
50 YEARS	94-153 BEATS PER MINUTE	170 BEATS PER MINUTE
55 YEARS	91-148 BEATS PER MINUTE	165 BEATS PER MINUTE
60 YEARS	88-144 BEATS PER MINUTE	160 BEATS PER MINUTE
65 YEARS	85-139 BEATS PER MINUTE	155 BEATS PER MINUTE
70 YEARS	83-135 BEATS PER MINUTE	150 BEATS PER MINUTE

\*For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:

**220 - AGE = PREDICTED MAXIMUM HEART RATE**

# WARRANTY

## **THIS PRODUCT IS SUPPLIED WITH A STANDARD WARRANTY AS FOLLOWS:**

- 12 months other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment.

**PLEASE NOTE: WARRANTY DETAILS MAY VARY FROM ONE MARKET AREA TO ANOTHER.**

## **WARRANTY TERMS**

York Fitness warrants that the Product you have purchased from an authorized York Fitness reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Fitness or sold by York Fitness; (c) by modification of the product; (d) as a result of service by anyone else other than York Fitness or an authorized York Fitness warranty service provider.

During the warranty period, York Fitness will at no additional charge provide replacement part(s) or repair the product (at York Fitness's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Fitness may replace defective parts or at the option of York Fitness, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Fitness. York Fitness reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Fitness in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Fitness's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorization by our Customer Service department.

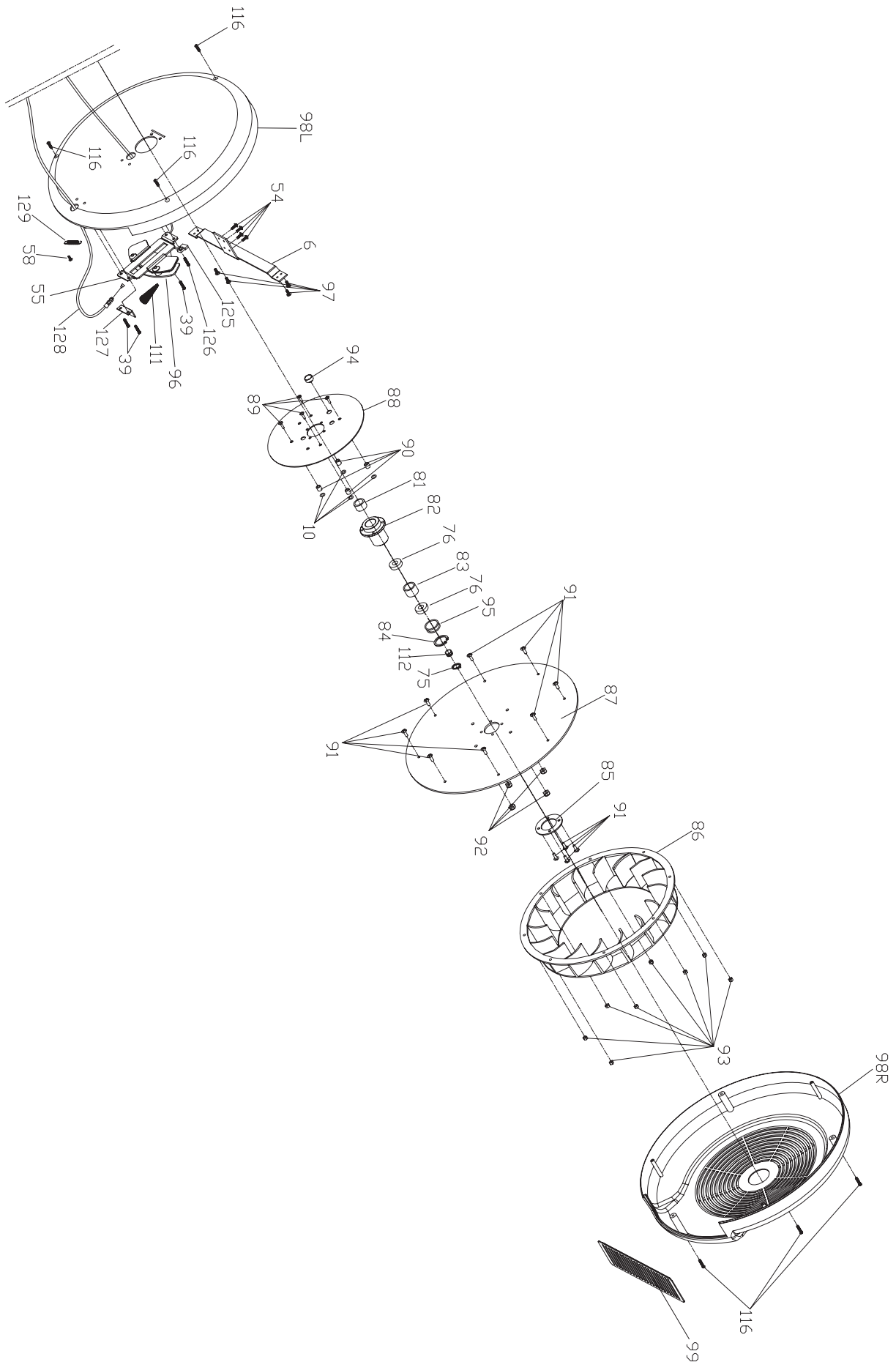
### **TO OBTAIN WARRANTY SERVICE YOU MUST PROVIDE THE FOLLOWING INFORMATION:**

- Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.
- Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights

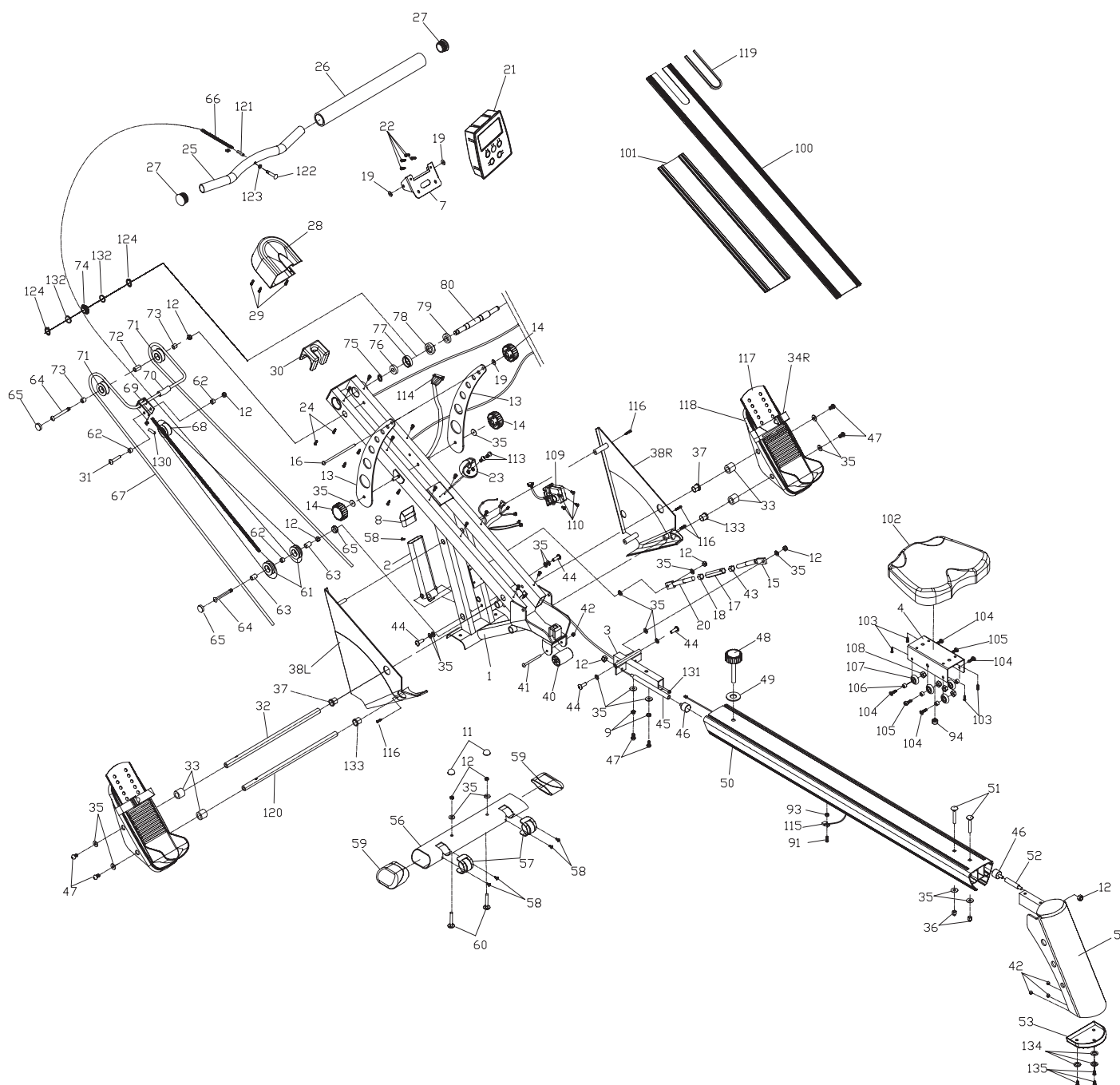
# PART LIST

Ref.	Qty	Part no.	Part Description	Ref.	Qty	Part no.	Part Description
1	1	56004-01	Main Frame (C)	71	2	56004-71	Elastic Cord Roller
2	1	56004-02	Foldable Front Post	72	1	56004-72	Metal Sleeve (OD-13 x ID-8.2 x 33mm)
3	1	56004-03	Foldable Fixing Support	73	2	56004-73	Metal Sleeve (OD-13 x ID-8.2 x 7mm)
4	1	56004-04	Seat Carriage Bracket	74	1	56004-74	Chain Wheel
5	1	56004-05	Rear Stabilizer	75	2	56004-75	C Clip (for OD.12.7 shaft)
6	1	56004-06	Fan Cover Fixing Bracket	76	3	56004-76	Bearing (R8z)
7	1	56004-07	Computer Console Fixing bracket	77	1	56004-77	R8z Rubber Bushing (OD-36 x ID-24 x 10mm)
8	1	56004-08	Foldable Front Post End Cap	78	1	56004-78	Rubber Bushing -6903z (OD-36 x ID-24 x 10mm)
9	2	56004-09	Spring Washer (ID- 8)	79	1	56004-79	Bearing (6903z)
10	4	56004-10	Flat Washer (ID-6 x OD-12 x T-0.25mm)	80	1	56004-80	Pivot Shaft (OD- 19 x 193mm)
11	2	56004-11	Round Plastic Bolt Cap (M8)	81	1	56004-81	One Way Bearing (RC-121610)
12	9	56004-12	Nylon Locknut (M8)	82	1	56004-82	Air Fan Pivot Bushing (OD-70 x 57mm)
13	2	56004-13	Console Fixing Plate	83	1	56004-83	Metal Sleeve (OD-28 x ID-22 x 20mm)
14	3	56004-14	Hand Wheel Knob -Female	84	1	56004-84	C Clip (for ID.28.5 shaft)
15	1	56004-15	Foldable Linkage Rod - Rear (M12 x 150mm)	85	1	56004-85	Air Fan Fixing Plate (OD-70 x ID-37.5 x T-2.5mm)
16	1	56004-16	Carriage Bolt (M8 x 140mm)	86	1	56004-86	Air Fan
17	1	56004-17	Adjustable Linkage Metal Sleeve (M12 x 90mm)	87	1	56004-87	Air Fan Fixing Disc (OD-390 x ID-37.2 x T-4mm)
18	1	56004-18	Hex Nut (M12) - Clockwise Threads	88	1	56004-88	Metal Resistance Disc (OD-235 x ID-42 x T-2mm)
19	3	56004-19	Flat Washer (ID-8 x OD-16 x T-1.0mm)	89	4	56004-89	Round Philips Head Machine Screw (M6 x38mm)
20	1	56004-20	Foldable Linkage Rod -Front (M12 x 149mm)	90	4	56004-90	Metal Sleeve (OD-10 x ID-6.2 x 10mm)
21	1	56004-21	Computer Console Assembly	91	13	56004-91	Round Philips Head Machine Screw (M5 x15mm)
22	4	56004-22	Round Philips Head Machine Screw (M5 x15mm)	92	4	56004-92	Nylon Locknut (M6)
23	1	56004-23	Pulling Handlebar Holder	93	9	56004-93	Nylon Locknut (M5)
24	16	56004-24	Flat Philips Head Self Tapping Screw (M5 x 12.5mm)	94	2	56004-94	Magnet
25	1	56004-25	Pulling Handle Bar (OD-25.4 x 600mm x T-1.5mm)	95	3	56004-95	Flat Washer (ID-28.3 x OD-25.5 x T-0.4mm)
26	1	56004-26	Pulling Handle Bar Foam Grip (OD-25.4 x 610mm x T-5mm)	96	SET	56004-96	Magnetic Resistance Assembly
27	2	56004-27	Round Internal Top Hat End Cap	97	4	56004-97	Round Philips Head Self Tapping Screw (M5 x 15mm)
28	1	56004-28	Front Main Post Cover	98	PAIR	56004-98	Air Fan Cover (L&R)
29	3	56004-29	Round Philips Head Self Tapping Screw (M5 x 20mm)	99	1	56004-99	Air Vent
30	1	56004-30	Pulling Chain Guard - Rubber	100	1	56004-100	Top Rail Cover
31	1	56004-31	Round Allen Head Bolt (M8 x 40mm)	101	1	56004-101	Bottom Rail Cover
32	1	56004-32	Pedal Pivot Rod (OD- 16 x 420mm)	102	1	56004-102	Rower Seat
33	4	56004-33	Plastic Spacer (OD-26 x ID-16 x 23.6mm)	103	6	56004-103	Round Philips Head Machine Screw (M6 x15mm)
34	PAIR	56004-34	Pedal W/ Strap Assembly ( L & R )	104	4	56004-104	Flat Allen Head Shoulder Bolt (M8x 20mm)
35	22	56004-35	Flat Washer (ID-8 x OD-19 x T-1.5mm)	105	2	56004-105	Cambolt (M8x 20mm)
36	3	56004-36	Nyloc Cap Nut (M8)	106	6	56004-106	Metal Sleeve (OD-13 x ID-8.2 x 5.4mm)
37	2	56004-37	Pedal Pivot Rod Bushing (OD-22 x ID-16 x 18mm x T-3mm)	107	6	56004-107	Seat Carriage Roller
38	PAIR	56004-38	Bottom Cover ( L & R )	108	6	56004-108	Hex Nut (M8 x 4H)
39	3	56004-39	Round Philips Head Self Tapping Screw (M5 x 25mm)	109	1	56004-109	Servo Motor Assembly (MBSYT)
40	1	56004-40	Rear Moving Roller	110	4	56004-110	Dome Philips Head Machine Screw (M5 x8mm)
41	1	56004-41	Round Allen Head Bolt (M6 x 75mm)	111	1	56004-111	Spring (OD-15 x ID-5 x 80mm)
42	4	56004-42	Nyloc Cap Nut (M6)	112	5	56004-112	Flat Washer (ID-12.9 x OD-16.5 x T-0.4mm)
43	1	56004-43	Hex Nut (M12) - Anti-Clockwise Threads	113	2	56004-113	Round Philips Head Machine Screw (M4 x10mm)
44	4	56004-44	Round Allen Head Bolt (M8 x 25mm)	114	1	56004-114	Servo Motor Connect Wire
45	1	56004-45	Front Stop Rod (OD-13 x 170mm)	115	1	56004-115	Counter Sensor Wire
46	2	56004-46	Rubber Stop	116	10	56004-116	Round Philips Head Self Tapping Screw (M4 x 25mm)
47	6	56004-47	Round Allen Head Bolt (M8 x 20mm)	117	2	56004-117	Top Foot Pedal Pad
48	1	56004-48	Hand Wheel Knob - Male (M12 x 80mm)	118	2	56004-118	Bottom Foot Pedal
49	1	56004-49	Flat Washer (ID-13 x OD-28 x T-2mm)	119	1	56004-119	Rubber Strip
50	1	56004-50	Rower Seat Track (110mm x 81.74mm x 1200mm )	120	1	56004-120	Pedal Pivot Rod (OD-16 x 417mm)
51	2	56004-51	Carriage Bolt (M8 x 55mm)	121	1	56004-121	Rubber Sleeve (OD- 10 x ID- 6 x 40mm)
52	1	56004-52	Rear Stop Rod (OD-13 x 70mm)	122	1	56004-122	Pulling Chain Connect Bolt (M8 x 41mm)
53	1	56004-53	Rear Stabilizer External End Cap	123	1	56004-123	Pulling Chain Connect Washer (ID-10mm)
54	4	56004-54	Flat Philips Head Machine Screw (M6 x12mm)	124	2	56004-124	C Clip (for OD.19.4 shaft)
55	1	56004-55	Magnet Resistance Assembly Guide Plate	125	1	56004-125	Speed Sensor Wire
56	1	56004-56	Front Stabilizer	126	1	56004-126	Round Philips Head Self Tapping Screw (M5 x 30mm)
57	2	56004-57	Front Stabilizer Moving Wheel Assembly	127	1	56004-127	Fixing Bracket
58	6	56004-58	Round Philips Head Self Tapping Screw (M4 x 12mm)	128	1	56004-128	Resistance Connect Cable
59	2	56004-59	Front Stabilizer External End Cap	129	1	56004-129	Pulling Spring (OD-10 x 20mmL)
60	2	56004-60	Carriage Bolt (M8 x 45mm)	130	1	56004-130	Rubber Sleeve (OD- 10 x ID- 6 x 20mm)
61	2	56004-61	Pulling Chain Roller	131	1	56004-131	Middle Wire
62	3	56004-62	Metal Sleeve (OD-13 x ID-8.2 x 9mm)	132	2	56004-132	Pulling Chain Rubber Ring (OD-23 x ID-19.5 x 3mm)
63	2	56004-63	Metal Sleeve (OD-13 x ID-8.2 x 19mm)	133	2	56004-133	Pedal Pivot Rod Bushing (OD-22 x ID-16 x 18mm x T-4.5mm)
64	2	56004-64	Round Allen Head Bolt (M8 x 75mm)	134	3	56004-134	Flat Washer (ID-10 x OD-16 x T-1.5mm)
65	3	56004-65	Main Post Internal End Cap	135	3	56004-135	Countersunk Philips Head Machine Screw (M6 x 12mm)
66	1	56004-66	Pulling Chain - 528 link / 3360mm L				
67	1	56004-67	Elastic Cord (OD-9 x 1500mm)			<b>TOOLS</b>	
68	1	56004-68	Pulling Chain Roller (OD-36 x ID-26 x 20mm H)	1	1	56004-136	Instruction Manual
69	1	56004-69	Elastic Cord Fixing Bracket	2	2	56004-137	Allen Key
70	1	56004-70	Elastic Cord Plastic Sleeve	1	1	56004-138	Combined nut driver & Philips head screwdriver

# EXPLODED DRAWING



# EXPLODED DRAWING



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**YORK®**  
**FITNESS**